

## **DOLPHINS HELP WITH HEALING THAT'S MORE THAN SKIN DEEP**

*by Debra Jean Hawley*

*Professional Member Debra Jean Hawley has been on the road of self discovery and healing through many seasons of darkness and light. This personal knowledge informs her work with abuse survivors, substance abusers, and grieving children and adults. Debra has recently founded The Inside Edge. She conducts workshops using Hemi-Sync and other complementary modalities to help others open to the possibility of healing. A mishap following topical chemotherapy led her to call for Dolphin Energy Club assistance and exponentially increased her empathy.*

Thank you so very much for getting the DEC energy coming. The speed of my healing was almost unbelievable. I have been off the chemotherapy ointment for eight days now and except for the pinkness of the new skin and a few light scabs, my face is back to its healthy smiling self!

The past seven days were an incredible transformation—from Saturday, May 4, which was spent in excruciating pain and frustration, barely able to stay in my skin—to Saturday, May 11, full of life and laughter and out working in my springtime garden (protected by a wide-brimmed hat of course). Throughout the week several people each day commented on the rapidity of my healing and asked what I was doing. It was truly amazing to get up each morning looking forward to witnessing the remarkable changes reflected in the mirror.

One very basic realization came through on May 4, when I was most down in every way. I had really set myself up by thinking it would be okay—on this first day without the chemo—to lavish myself in healing treatments that would bring much needed soothing and pain relief.

Unfortunately, it was not okay. Everything seemed to just make matters worse. The cucumber treatment burned like hell—the best part was taking it off. Although aloe vera did eventually help, staying present long enough to let it settle in was extremely challenging. That afternoon during a tape I realized that all the healing energies and attention in the world wouldn't help if I didn't bring them down into my body, i.e., breathe! It dawned on me that too much of this healing energy had been kept in the mental realms, instead of being brought into the physical body. Rather than breathing into my face and focusing my attention on the actual sensations, I was simply visualizing white or golden lights on my face. This turned out to be a real catch-22. I didn't want to feel the pain, but breathing into and feeling the source of the pain proved to be the quickest way of bringing in the healing presence. How much life I feel in my body when I actually inhabit it! This may sound fundamental, but actually experiencing it was a revelation. And once again, this awareness of breathing into the source of the pain has correlations in so

many areas. It is fascinating to witness the range and depth this process has taken me through.

Another little trick was useful for the most distressing moments. Slipping into a Focus-level state, I'd see the healed future me sending healing back to the hurting me. This was a variation on a past life healing technique that I do all the time to comfort the child me or reclaim soul parts, but it was interesting to reach forward instead of back for the support. Time took on a very liquid nature!

Now I'm thrilled to say that all is well. Other than what looks like a mild sunburn, my skin is completely back to normal. There were most definitely times when I felt healing energies from fellow DEC members coming my way. This whole process really put me in much closer touch with my body and helped to fine-tune my awareness and attention. The sequential photos show how quickly healing progressed.

One more thing: while down in the city at work my Walkman® went on the blink, forcing me to do my DEC healing without the tape. Not only that, my daughter in Southern California was home from school with pneumonia and I was intent on doing DEC for her as well. Once again, this hitch turned out to be good by allowing me to detach from the tape—kind of like taking the training wheels off my dolphin!

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